

CFFR RACES & REGISTRATION FORM
FOR ADULTS & FAMILIES

The Community Fun & Fitness Relays (CFFR) offers the events below for adults and families:

- **Open Women's 100-Meter Dash** — For women of any age, excluding high school and college students
- **Open Men's 100-Meter Dash** — For men of any age, excluding high school and college students
- **Open Women's Mile** — For women of any age, excluding high school and college students
- **Open Men's Mile** — For men of any age, excluding high school and college students
- **Open 4X100-Meter Relay** — For co-ed teams of any age, excluding high school and college students
- **Open 4X400-Meter Relay** — For co-ed teams of any age, excluding high school and college students
- **Adult/Parent-Child 2X400-Meter Relay** — For 2-person teams of 1 adult or parent (age 19+ on Race Day) and 1 child (age 6-17 on Race Day); Adult runs 1st 400M, Child runs last 400M



3rd Annual Community Fun & Fitness Relays (CFFR)

SUNDAY, SEPTEMBER 22ND, 2019; 2:00 P.M.
LEW HARTZOG TRACK & FIELD COMPLEX, SIUC
405 SALUKI DRIVE ~ CARBONDALE, IL ~ 62901

REGISTRATION FORM - ADULTS/FAMILIES

- Support Carbondale's I Can Read Program & the Obo-Kwahu Community in Ghana, West Africa!
- Medals for top 3 finishers in each event
- Available Races & Fees:

Early Bird (by 9/6/19) - 100-Meter Dash: \$10.00

- 1 Mile Run: \$10.00
- 2X400-Meter Relay: \$10/person
- 4X100-Meter Relay: \$15/person
- 4X400-Meter Relay: \$15/person

After 9/6/19 & on Race Day - 100-Meter Dash: \$15.00

- 1 Mile Run: \$15.00
- 2X400-Meter Relay: \$12.50/person
- 4X100-Meter Relay: \$20/person
- 4X400-Meter Relay: \$20/person

- Free official event T-Shirts for Early Bird registrants!
- Visit cfrsoill.org for Race Day schedule & other event info.

Please select an **EVENT** from the options below (see Events, Categories & Parameters below):

100-Meter Dash 1-Mile Run 2X400-Meter Relay 4X100-Meter Relay
 4X400-Meter Relay

Please select an **CATEGORY** from the options below (see Events, Categories & Parameters below):

Open Women's Open Men's Co-ed Relay

ATHLETE/TEAM MEMBERS' INFORMATION (If registering for Dash or Mile, complete info for Member 1 **ONLY**; if registering for 2X400-Meter Relay, complete Members 1 & 2 info **ONLY**):

Member 1 (TEAM CAPTAIN):

Name: _____ Age on 9/22/19: _____ Gender: M F Other

Address: _____

Phone #: (____) _____

Email: _____

T-Shirt Size: ___ Youth ___ Adult Size: _____

Member 2:

Name: _____ Age on 9/22/19: _____ Gender: M F Other
Address: _____
Phone #: (____) _____
Email: _____
T-Shirt Size: ___ Youth ___ Adult Size: _____

Member 3:

Name: _____ Age on 9/22/19: _____ Gender: M F Other
Address: _____
Phone #: (____) _____
Email: _____
T-Shirt Size: ___ Youth ___ Adult Size: _____

Member 4:

Name: _____ Age on 9/22/19: _____ Gender: M F Other
Address: _____
Phone #: (____) _____
Email: _____
T-Shirt Size: ___ Youth ___ Adult Size: _____

TEAM NAME: _____ (For Relays **ONLY**)

TOTAL FEES DUE (Please make checks payable to “**Carbondale Park District - CFFR**”):

\$_____.00

Registration Form & fees may be submitted by mail or in person to: **Community Fun & Fitness Relays (CFFR); c/o LIFE Community Center; 2500 W. Sunset Dr.; Carbondale, IL; 62901.**

EVENTS, CATEGORIES & PARAMETERS:

- Open Women’s 100-Meter Dash — For women of any age, excluding high school and college students
- Open Men’s 100-Meter Dash — For men of any age, excluding high school and college students
- Open Women’s Mile — For women of any age, excluding high school and college students
- Open Men’s Mile — For men of any age, excluding high school and college students
- Open 4X100-Meter Relay — For co-ed teams of any age, excluding high school and college students
- Open 4X400-Meter Relay — For co-ed teams of any age, excluding high school and college students
- Adult/Parent-Child 2X400-Meter Relay — For 2-person teams of 1 adult or parent, age 19+ on Race Day, and 1 child- age 6-17 on Race Day; Adult runs 1st 400M, Child runs last 400M